

MARCELLLO'S
MARKET AND DELI
TELUS PLAZA
#63, 10025 Jasper Ave
Catering Special Food Mart!
Lunch and Breakfast Buffet!
MON - FRI: 6am-4pm
www.marcellos.ca
Free Coffee with a purchase of \$4.99 or more!
NOW HIRING Cook/LineCook/Food
Service Supervisor, \$11-16/hr. Apply Within

**'I LOVED EVERY
POUND'
JULIA ON WEIGHT
GAIN FOR FILM** (page 7)



**DIAMOND
FARROW COUNTERS
CAMPBELL CLAIM
DISH** (page 8)



EDMONTON

metro 

Tuesday, August 10, 2010
www.metronews.ca



Share this copy
with a friend

Unrelenting disaster in Asia

► More rain expected over the next three days ► Flooding in China has killed more than 1,100 people this year, caused tens of billions in damage



► A Pakistani army soldier tosses food relief to flood victims during air rescue and relief operations in Punjab, Pakistan, yesterday. The country's worst flooding since 1929 has killed 1,500 people and displaced hundreds of thousands.

Rescuers lifted muddy bodies into trucks, and aid convoys choked the road into the remote Chinese town where hundreds died and more than 1,100 were missing yesterday from landslides caused by heavy rain that has flooded swaths of Asia and spread misery to millions.

In Pakistan, the United Nations said the government's estimate of 13.8 million people affected by the country's worst-ever floods exceeded the combined total of three recent megadisasters — the

"There were some, but very few, survivors. Most of them are dead, crushed into the earth."

LANDSLIDES SURVIVOR GUO WENTAO

2004 Indian Ocean tsunami, the 2005 Kashmir earthquake and the 2010 Haiti earthquake.

Rescuers in mountainous Indian-controlled Kashmir raced to rescue dozens of

stranded foreign trekkers and find 500 people still missing in flash floods that have killed 140.

In China, the death toll jumped to 337 late yesterday after Sunday's landslides in the northwestern province of Gansu — the deadliest incident so far in the country's worst flooding in a decade. A debris-blocked swollen river burst, swamping entire mountain villages in the county seat of Zhouqu and ripping homes from their foundations. **THE ASSOCIATED PRESS**

Learning Curve

Dive right into your education

► Frosh Week provides first-years a way to acclimatize to school life ► Experts show you how to juggle finance with your studies (pages 13-17)

Stocks drop after HP boss quits

Uncertainty follows scandal-tinged departure: Analyst (page 4)



Turn your life around in 7 easy steps

Learning to love yourself and taking care of your body are just the beginnings (page 10)

Adding up addiction

Addictive behaviour can take many forms: Experts (page 9)

Shedding light on saving cash

How to minimize your next electric bill (page 12)

1
news**ANDREAS MORSE**
@METRONEWS.CA

A man wanted for "low-level warrants" decided to barricade himself in his apartment rather than surrender to police yesterday afternoon.

Police were called to an apartment building near 119 Street and 102 Avenue at about 1:30 p.m. yesterday after a man was seen breaking into an apart-

ment.

When they got there, the landlord informed police that the man in fact lived in the apartment.

Police were ready to leave when they found out that the man was wanted on outstanding warrants.

When they returned to arrest him, the man barricaded himself in his suite and told police he had a gun.

"We did our own homework and found out that

the gentleman does in fact have a history of some weapons offences and other things, therefore we took a number of precautions," said Staff Sgt. Regan James.

The man surrendered peacefully at about 4:30 p.m. and James said he would be charged with additional offences on top of the original warrants.

Police said no weapons were found in the apartment but the suspect was well known to police.

News in brief**Sentencing delayed**

CALIFORNIA. The former owner of the Edmonton Oilers who pleaded guilty to one count of perjury won't learn his fate until later this year at the earliest. Peter Pocklington was originally scheduled to be sentenced yesterday for lying during his bankruptcy

proceedings.
THE CANADIAN PRESS

Men sought as witnesses

MURDER. Police are looking for two men seen on a security camera before a fatal stabbing Saturday. Police say the two men are only considered witnesses to the murder at 172 Street and 69 Avenue. The victim has been identified as 28-year-old Scott Preece.

● METRO EDMONTON

Hitting the water and Soldiering On

► Program for injured Canadian Forces personnel started in 2006

Not even an injury could hold back a handful of Edmonton-based soldiers from enjoying a friendly kayaking race on Kirk Lake yesterday.

All geared up in life jackets, the group received a hands-on lesson in kayaking as part of CFB Edmonton's Soldier On program and the St. Albert Canoe and Kayak Club.

"It's designed for the ill and injured Canadian Forces Personnel to help them through their rehabilitation through fitness and sports," said Sebastien Perigui-Lajoie, regional adapted fitness specialist.

"The soldiers love it. It's a great event for them to just get out and do something different and to learn a new technique and skill."

It was the first time Major Dave Blackburn has kayaked since he was 12

years old.

"It's a good upper body workout, but it's a good core workout as well. For me, strengthening muscles in my core is really important for my back," said Blackburn, who was injured in 1997 when his vehicle rolled over during training prior to deployment in Bosnia.

"I've got four damaged discs in my lower back, three damaged discs in my neck and some problems with my right hip."

Besides the physical benefits, the soldiers are able to network and connect with other injured soldiers through the program.

"They can share their experiences and their emotions about their injuries and the illness that they've been through," added Perigui-Lajoie.

● KATHY LE



► Major Dave Blackburn enjoys some kayaking on Kirk Lake yesterday at the St. Albert Canoe and Kayak Club.

METRO EDMONTON

News on the move

- 1 Download the free ScanLife application with your smartphone at 2dscan.com
- 2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
- 3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

Can we make money in a jobless economy? Allan Small answers at metronews.ca/investing



Clear-Coat

Scratch Proof Your Gadgets

**Available for All Gadgets
Optically Clear**

**Completely Scratch-Proof
Professionally Installed**

OmegaCell 10376 78 Avenue Edmonton, Alberta
1 (780) 702-7163 | sales@omegacell.com





▶ A courtroom sketch of Omar Khadr at his hearing in the courthouse for the U.S. military war crimes commission at the Camp Justice compound on Guantanamo Bay.

Khadr didn't confess under torture: Judge

- ▶ Ruling paves way for war-crimes trial to proceed
- ▶ Jury selection slated to get underway this morning

The judge presiding over Omar Khadr's war-crimes case cleared the way for the trial to proceed by ruling yesterday that confessions the Canadian made can be used as evidence against him.

In making the ruling, Col. Patrick Parrish rejected defence arguments that Khadr's statements were the product of torture.

"The motion to suppress the accused's statements is denied," Parrish said without giving reasons.

The judge also decided a prosecution video showing a teenage Khadr making and laying explosive devices in Afghanistan

15

Omar Khadr was 15 years old at the time when he is alleged to have thrown a hand grenade that killed an American special forces soldier. He is now 23.

could be entered as evidence.

The decisions end months of bitter wrangling between defence and prosecution over the confessions and set the stage for the first war-crimes trial under U.S. President Barack Obama.

The rulings also come

after Khadr's lawyer formally entered not-guilty pleas on all charges.

Jury selection is slated to start this morning, with opening statements expected as soon as the panel is seated.

The Toronto-born Khadr, 23, faces five war-crimes charges, including killing an American special forces soldier by throwing a hand grenade in Afghanistan in July 2002 when he was 15 years old.

He was taken to Bagram prison in Afghanistan before being transferred in October 2002 to Guantanamo Bay, where he has been held since.

THE CANADIAN PRESS

Man completes epic journey on the Amazon

After 859 days, thousands of miles and "50,000 mosquito bites," Ed Stafford became the first man known to have walked the entire length of the Amazon river when the waves of the Atlantic Ocean lapped at his feet in northern Brazil yesterday.

While he says he is "no eco-warrior," Stafford told The Associated Press near the end of his journey that he hoped his feat would raise awareness of destruction to the Amazon rain forest — but that at its heart, it was simply a grand expedition of endurance.

Stafford and a British friend began the walk on April 2, 2008, on the southern coast of Peru. Within three months, his pal left. Stafford carried

Visa payWave

speed read breaking news brought to you by Visa payWave. a secure, faster way to pay. just wave and go.

on, walking bits of the route with hundreds of locals he met along the way.

Eventually, Peruvian forestry worker Gadiel "Cho" Sanchez Rivera, 31, decided to make the journey with Stafford to the Atlantic.

He has lived off piranha fish he caught, rice and beans, and store-bought provisions found in local communities along the river.

THE ASSOCIATED PRESS

The journey

- ▶ **Cost** The trek cost \$100,000, which was covered by sponsoring companies and donations.
- ▶ **Lesson** Stafford said the trip has deepened his understanding of the Amazon, its role in protecting the globe against climate change and the complex forces that are leading to its destruction.
- ▶ **Downtime** To relax at night, Stafford said he has downloaded podcasts via Internet satellite phone by British comedian Ricky Gervais and episodes of the TV show The Office.
- ▶ **Dangers** Stafford encountered giant caiman crocodiles, enormous anaconda snakes, illness, food shortages and the threat of drowning.

Criticism 'unfair': UN chief

Secretary-General Ban Ki-moon lashed back yesterday at the stinging criticism levelled by two former senior UN officials, saying it was "unfair" to raise questions about his record on battling internal fraud and corruption.

Ban, in his first public response to the lengthy criticisms of his former oversight chief and former head of a UN white-collar fraud unit, said at a news conference that he has pushed accountability and ethics "from day one" since becoming the UN chief in January 2007.

Critics have accused Ban of ignoring UN hiring rules.

THE ASSOCIATED PRESS

Pickton confession on tape?

Robert Pickton played a cat-and-mouse game with police interrogators, telling them that he had "one more planned," and suggesting he might be willing to tell them more.

But an expert on serial killers cautioned against putting too much faith in anything Pickton might have promised, saying psychopaths routinely lie when it suits them.

The video of his 11-hour interrogation by police was made public yesterday and in it, he comes tantalizingly close to a full confession.

"I had one more planned, but that was, that was the end of it," he said on the tape.

THE CANADIAN PRESS

Extend deadline, cities urge

Cities are calling on Ottawa to extend its stimulus deadline in response to a report showing up to half a billion dollars of infrastructure funds could go unspent, or dropped on municipalities' laps.

The parliamentary budget officer, Kevin Page, says many projects in the government's heavily hyped \$4-billion Infrastructure Stimulus Fund were slow getting off the mark and many are dragging on longer than expected.

When Ottawa cuts off its funding on March 31, 2011, \$500.5 million in federal money could be left unclaimed because of the delays, the report says.

THE CANADIAN PRESS



0.9% FINANCING!

NOW THAT WE HAVE YOUR ATTENTION: 0.9% FINANCING!

Not to beat a dead horse, but yes, we did we just say "0.9% financing." And there's a good chance we'll never say it again. Maybe because "0.9" is a typo. Maybe not. The point is, with MINI's legendary go-kart handling and best-in-class fuel efficiency, it's just too good a deal to pass you by as you eagerly search for the Sudoku page. To find out more, visit your local MINI Retailer today.

COME IN AND VISIT US TODAY **MINI EDMONTON**
7450 ROYAL ROAD • 1.888.490.5269 • 780.434.6464
WWW.EDMONTON.MINI.CA

FROM \$299/mo

FINANCE FROM **0.9%**

LEASE FROM **2.9%**

+ \$1000 FUN CREDIT
+ \$500 GRAD PROGRAM
IF APPLICABLE

» MINI RATES. MAX RESIDUALS.



WWW.EDMONTON.MINI.CA

Vehicle shown above is a MINI Cooper S (MSRP \$29,900). Lease and finance rates are those offered by MINI Financial Services Canada only on approved credit (CIBC). Lease example: MSRP for a 2010 MINI Cooper with 6-speed manual transmission is \$24,900; at a lease rate of 0.9% APR and a term of 36 months, the monthly lease payment is \$299.67, \$500 down payment required. The first month's lease payment, security deposit, a personal property security registration charge (up to \$500), and all taxes are extra and required upon lease signing. Transport and preparation charge of \$1,895 and Retailer administration charges (\$1 only) are additional. Total obligation is \$15,452.13 plus tax. Additional options, taxes, and insurance are extra. Vehicle is shown with optional MINI Accessories that are not included in this offer. The residual value of the vehicle at the end of term is \$13,197. Annual kilometers limited to 20,000, \$0.15 per excess kilometer. Excess wear and tear charges may apply. Finance rate of 0.9% is only applicable on a term of up to 36 months. Offer ends August 31, 2010. Offer is subject to availability and may be cancelled or changed without notice. Certain conditions apply. Please see your MINI Retailer for full details. © 2010 "MINI", the MINI logo, MINI model designations, and all other MINI related marks, images, and symbols are the exclusive properties and/or trademarks of BMW AG, used under license.

Market moment

DOLLAR

+ 0.11¢ US
97.40¢

Natural gas

1,000 cu ft

- 15.8¢ US

\$4.309

Gold

- \$2.70 US

\$1,200.70

OIL



+ \$.78 US

\$81.48

TSX



+ 63.59

11,863.56

NEED SOME WATERCOOLER TALK?

Visit metronews.ca to watch *metrotube* of the daySun Life
finds new
president

Sun Life Financial Inc., Canada's third-largest insurance company, has appointed former Montreal Board of Trade president and CEO Isabelle Hudon to head the insurer's Quebec operations and boost its presence in the province.

THE CANADIAN PRESS

HP shares take
tumble after
CEO resigns

► Under Mark Hurd, HP spent more than \$20 billion on acquisitions and cut more than 40,000 jobs

Shares of Hewlett-Packard Co. tumbled yesterday in the first trading day following CEO Mark Hurd's sudden forced resignation Friday from the world's largest technology company.

Hurd stepped down from the post Friday following allegations that he falsified expense reports to conceal a relationship with a former contractor.

HP's shares fell \$3.50 US, or 7.6 per cent, to \$42.81 in morning trading. The stock has lost more than 16 per cent so far this year.

Hurd helped transform the company from a com-



► Mark Hurd

puter and printer maker dependent on ink sales for profits, to a well-rounded technology leader with a broad range of hardware and business services offerings.

"We are frankly surprised and disappointed as Hurd was a strong leader and helped transform HP into a leading player," said Kaufman Bros. analyst Shaw Wu in a note to investors. But, he added, HP's "culture of winning" that Hurd helped shape will likely remain intact.

Standard & Poor's equity analyst Tom Smith, however, cut his investment recommendation on HP's shares to "Buy" from "Strong Buy" and said the events add uncertainty to what's been a "generally strong management story."

THE ASSOCIATED PRESS

DISCOVER
downtown

FREE Guided Walking Tours

June 7 - August 18, 2010

WHAT • A one-hour guided walking tour of Downtown Edmonton.

WHEN • Mondays, Wednesdays, & Fridays
1:00 pm - 2:00 pm

WHERE • Meet the Core Crew at the Downtown Business Association's office located at 10121 Jasper Avenue.



10121 JASPER AVENUE
EDMONTON, AB T5J 4X6
780.424.4085

www.edmontondowntown.com

TRANSFER YOUR **COLLEGE CREDITS**
AT UNIVERSITY CANADA WEST

Complete
Your
Degree
Sooner.

You can complete your Bachelor's Degree in half the traditional time with our unique credit transfer policy. Study on-campus, online or both. You can also choose to study full or part-time. Our concentrated academic year will help you attain your goals much sooner.



learn more:
1.800.380.9016 / learn.ucan.ca

on-campus *and* online
EDUCATION

UNIVERSITY CANADA
WEST

PACKAGE
SHARPS

For your safety and the safety of your waste collector, place sharp objects such as nails, glass and metal in a puncture proof container or cardboard box. Securely tape it closed and label it as "Sharps".

Thanks for being waste wise.



Package it Right

THE CITY OF
Edmonton
Edmonton.ca/waste

Prime time time machine.



Record 3 shows at once with 1 PVR
and make prime time anytime.

Get a FREE HD PVR rental
when you sign up*

PLUS \$20 off any Optik™ TV
package for 3 months†

Get it all on the new TELUS Fibre Optic Network‡

 **TELUS**
the future is friendly®

Call 310-MYTV (6988) or visit telus.com/optiktv or your nearest TELUS authorized dealer.

TELUS AUTHORIZED DEALERS

Malls

Bonnie Doon Shopping Centre
City Centre Mall
Kingsway Garden Mall
Londonderry Mall
Mill Woods Town Centre

Northgate Mall
South Edmonton Common
Southgate Centre
TELUS Plaza North
West Edmonton Mall

West End

Palisades
14903 118th Ave. NW

South

10309 34th Ave. NW

St. Albert

St. Albert Centre
200 St. Albert Rd.
20A Muir Dr.

Sherwood Park

Sherwood Park Mall

Fort Saskatchewan

9542 86th Ave.
9914 103rd St.

*Offer available on a 3 year Optik TV service agreement until November 9, 2010, to residential clients who have not subscribed within the past 90 days to Optik TV service. TELUS Home Phone or High Speed Internet service required. †New TV clients receive \$20 off the regular price in months 1, 2 and 3. ‡Fibre optics may service all or part of your network connection, depending on location. Network logos and names are trademarks of their respective owners. TELUS, the TELUS logo, Optik and the future is friendly are trademarks of TELUS Corporation, used under licence. © 2010 TELUS.

GIRLS GONE BRIDAL: IT'S GETTING TIRED

She says ...

**JESSICA
NAPIER**



If you are a female in your mid to late 20s and are a relatively social creature, you have undoubtedly been invited to a bachelorette party this year.

During this unavoidable rite-of-passage, a group of smart and interesting ladies will douse themselves in body glitter, throw on pink plumed feather boas and transform into a screeching gaggle of drunkards.

A couple of weeks ago, I was invited to such an evening to celebrate the nuptials of a friend of a friend. I reluctantly agreed.

In my experience, almost every bachelorette party (including the one I attended that night) goes a little something like this: Gather

a group of 15 of your closest (will-ing) girlfriends, pile into a stretch Hummer limousine and cruise through the downtown while screaming "woohoo" out of the sunroof en route to your nightclub of choice.

The bride-to-be inevitably selects a typically trendy venue for her sayonara to single-hood where her eager friends will endure a long line-up and an outrageous cover charge all in the name of friendship. Once drinks are in hand, the bridal party will sashay to the dance floor where they are immediately surrounded by cologne-soaked predators who en-

circle their prey, instinctively drawn to the glittering gems on their bedazzled tank tops.

After midnight, the bride passes off her stilettos to an inebriated bridesmaid and climbs barefoot atop a nearby table. She begins to belt out a sloppy rendition of Pour Some Sugar on Me before clumsily falling down and being escorted out of the bar by her entourage for a late-night slice of pizza.

In case you were wondering, bachelorette parties in the suburbs are not that much better.

Last year, I hosted a

bachelorette-themed girl's night in honour of a newly married friend. I served the requisite fruity martinis with novelty penis straws, baked phallic-shaped pastries for party guests to nibble on suggestively and even designed customized bachelorette drinking games.

Later on in the evening, I cringed while watching a partially nude 30-something man with a questionable spray-tan gyrate around my parent's living room (sorry Mom — I swear he didn't touch the furniture) while my girlfriends emitted high-pitched screams of laughter. I'm not sure what I was expecting when we ordered an exotic male dancer from a company that referred to its entertainment as "klassy," but after his hour-long sexy-officer-of-the-law routine, I vowed never to host such a party again.

"I'm not sure what I was expecting when we ordered an exotic male dancer from a company that referred to its entertainment as 'klassy.'"

Cartoon

MICHAEL DE ADDER



An exercise in trust

Worth mentioning

In a historic first for Cold War adversaries, U.S., Canadian and Russian military officers directed fighter jets and ground controllers to test how well they could track an international terrorist hijacking over the Pacific Ocean.

A chartered American jet code-named Fencing 1220 sent a mock distress signal shortly after taking off from Anchorage, Alaska, on Sunday, triggering a pursuit by at least seven fighters and a flurry of radio and telephone calls between military and civilian officials on both sides of the Pacific.

Their goal: To ensure

Peacemaker



TORSTAR NEWS SERVICE

that two militaries still distrustful of each other can work effectively tackling a terror threat that worries both nations.

Canadian Forces Col. Todd Balfe acknowledged it may seem "incongruous" that the exercise took place amid tension between his country and Russia over recent Russian bomber flights probing

the northern boundaries of Canadian airspace. But with al-Qaida at the front of North American minds and Russia dealing with threats from Chechen rebels, terrorism transcends national boundaries, and exercises like this could lay the foundation for co-operating on other issues as well, Balfe said. **THE ASSOCIATED PRESS**

What's the better pet — dogs or cats?

Email
edmontonletters@metronews.ca

Twitter
[@metroedmonton](https://twitter.com/metroedmonton)

Metro has the right to edit letters and submissions.

metro

METRO EDMONTON • Suite 2070, 10123 - 99 Street • Edmonton, AB • T5J 3H1 • T: 780-702-0592 • Fax: 780-701-0356
Advertising: 780-702-0592 • adinfoedmonton@metronews.ca
• edmonton_distribution@metronews.ca
Publisher Steve Shrout, Managing Editor Harry Hodge, Sales Manager Cheryl Skogg, Distribution Manager Jim Hillman

METRO CANADA: Group Publisher Bill McDonald, Editor-in-Chief Charlotte Empey, Associate Managing Editor Tarin Elbert, Scene/Life Editor Dean Lisk, Asst Managing Editor Amber Shortt, Art Director Laila Hakim, Nat'l Sales Director Peter Bartrem, Interactive/Marketing Director Jodi Brown

Metro Minute at Telus Field

Capitals baseball is back today at Telus Field.

Coming off two straight tight losses to Na Koa Ikaika in Maui, the Caps will be swinging for the fences at 7 p.m. tonight against the Chico Outlaws.

It's \$2 Tuesday at the ball park. All Slushies cost a Toonie.

It'll be a good way for Caps fans to cool down af-

ter a tumultuous couple of days around the club.

On top of the losing streak, manager Brent Bowers resigned after going on a tirade against an umpire in Orange County July 31.

Capitals hitting coach Gordon Gerlach will take over the field manager duties for the rest of the season. ● **ANDREAS MORSE**



► Capitals slugger Larry Bigbie.

METRO EDMONTON FILE PHOTO

Food fuels Julia's emotional journey

► Actress put on the pounds for *Eat Pray Love* ► Director Ryan Murphy shot movie in chronological order



NED
EHRBAR
SCENE@METRONews.ca
METRO WORLD NEWS IN LOS ANGELES

Julia Roberts wants to clear up one thing about the making of *Eat Pray Love*.

Director Ryan Murphy has been telling folks his lead actress put on 10 pounds during production — specifically during the food-heavy Italian leg of their around-the-world trip — but Roberts insists that's an exaggeration.

"Ryan keeps telling people I put on 10 pounds. It was a little less than that," she tells Metro. "But I loved every pound. And everybody says, 'Oh, it's going to drop right off in India,' but I didn't get that memo. That did not happen."

To properly recreate Liz Gilbert's journey of self-discovery from her home in New York to Rome, India and Bali, Murphy and Roberts set out to shoot *Eat Pray Love* in order, something most movies can't afford to do. "For me, it was a great luxury to shoot it in chronological order," Roberts says. "It was almost a necessity of emotional evolution. And you can't start any movie in Bali and then leave."

The role also proved to be an intense internal journey for Roberts. "This was one of the first situations I'd been in that did call for a lot of emotional availability," she admits.

The actress, now happily married with three young

"They did go to great, elaborate pains to make amazing food that I had to eat endlessly in the heat." JULIA ROBERTS

children, found her own family a comfort during the soul-searching shoot. "It was definitely great to have a fulfilled sense of my own life, and to be playing some of these scenes and come home at the end of the day and say, 'OK, good. Everybody's here, we're good.'"

Not surprisingly, though, the conversation keeps coming back to the food. "There was this one plate of pasta that was actually, all other circumstances removed, delicious pasta — super-simple spaghetti with a little tomato sauce. It was delicious."

But the culinary memory that stands out the most for Roberts didn't happen in Rome. "We went to Naples to where she had eaten that pizza and got there at eight in the morning, sat down to shoot and proceeded to start my day with eight entire slices of pizza in 45 minutes," Roberts says. "So the deliciousness of something wears a tiny bit after piece seven — just because you're speed-eating. But that scene in particular I sort of relished just wolfing it down. And I would eat an entire slice in a take. I don't know why I thought that was a great idea."



► Javier Bardem and Julia Roberts star in *Eat Pray Love*, opening in theatres Friday.



► *Eat Pray Love* author Liz Gilbert.

Real Gilbert like a 'warm hug'

In *Eat Pray Love*, Julia Roberts takes on the role of the book's real-life author, Liz Gilbert.

And while having the person you're portraying alive and available is a heck of a luxury for an actress, Roberts was keen on putting her own stamp on the character before meeting the genuine article.

"I was worried about actually falling too in love with her, that I would try to be her as opposed to

just interpret her as an actor," Roberts says. "That's why I didn't want to meet her until we had done so much I couldn't change it."

Instead, Roberts turned to director and co-writer Ryan Murphy for cues on characterization. "The first step that I took was putting my complete and total trust in Ryan, which was one of the smarter things I've ever done in four years," Roberts says.

"I knew that his paper interpretation of her that he gave me as my reference was all that I would need."

And it turns out Roberts' fears of falling too in love with Gilbert were well-founded, as she discovered when Gilbert visited the production while it was shooting in Rome. "She was a delight," the actress gushes. "She's like a warm hug the second you lay eyes on her."

● NED EHRBAR

2
scene

News in brief



Justin Bieber is the latest high-profile pitchman for the skin-care product Proactiv. Bieber joins the likes of Jessica Simpson, Avril Lavigne and Mandy Moore in promoting the product.

THE CANADIAN PRESS

Anna Nicole Smith's bodyguard testified yesterday he discussed a scheme to sell pictures of Smith's newborn baby for \$1 million US.

THE ASSOCIATED PRESS



John Lennon's killer seeks parole for sixth time, Yoko says he's still a threat

Model bragged about diamond, Farrow testifies

► Actress contradicts Naomi Campbell's assertion that she didn't know the gift was from former Liberian president, an accused war criminal

Naomi Campbell told Mia Farrow that she received a "huge diamond" from the former president of Liberia, the actress said from the witness stand yesterday, contradicting

the model's testimony that she didn't know the value of the gift from accused war criminal Charles Taylor.

The prosecution called Farrow, and Campbell's

former agent Carole White, to testify about uncut diamonds that Taylor allegedly gave the model after a September 1997 party they all attended that was hosted by then-South African president Nelson Mandela.

Prosecutors have pulled the celebrity witnesses into Taylor's trial hoping they will show Taylor was in possession of at least one "blood diamond" — stones sold to fund wars. Prosecutors say Taylor traded guns to rebels in neighbouring Sierra Leone in exchange for uncut diamonds during Sierra Leone's 1992-2002 civil war, which left more than 100,000 dead in the West African country.

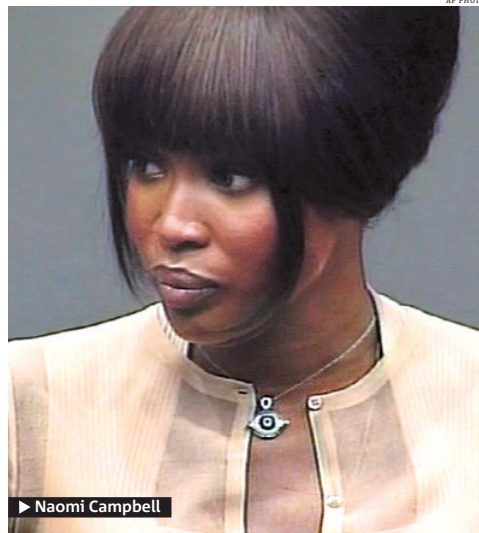
Campbell, who resisted appearing before the court for months, testified under subpoena Thursday that she was given several small stones by men she didn't know after the dinner in Preto-

ria. The British model said she hadn't known they were diamonds nor who had sent them, and suggested that Farrow had commented at breakfast the next morning that they were probably diamonds from Taylor.

She testified that Campbell had told other guests over breakfast in 1997 she had received a large gem from Taylor. She said Campbell said she planned to give it to charity — the Nelson Mandela Children's Fund.

The defence lawyer said Farrow's testimony is not credible, given that it involves events from a single breakfast 13 years ago.

"Either Mia Farrow is lying, for her own reasons, or alternatively she is totally mistaken," Griffiths said. **THE ASSOCIATED PRESS**

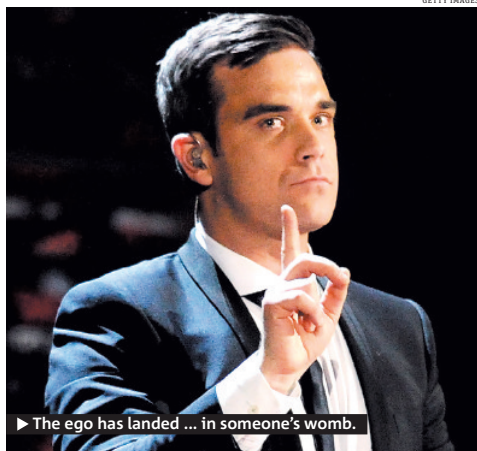


► Naomi Campbell

Baby on board for pop star newlyweds?

After his surprise wedding over the weekend, Robbie Williams is fueling speculation that he and new bride Ayda Field are expecting, according to Ex-posay. Sources say Williams has invited friends and family to a second mystery event at Field's mother's house, and that many expect that party to be a baby shower. Also, while celebrating their wedding at his Beverly Hills home, Williams reportedly showed off the latest addition to the house, a "room specifically intended to be a nursery."

● METRO WORLD NEWS



► The ego has landed ... in someone's womb.

GETTY IMAGES



► Lindsay's family is picking up the slack while the actress is locked away in rehab and can't torture people in person

Lohan assistant losing her mind

Lindsay Lohan's assistant probably had no idea her job would actually get harder while her boss is locked up in rehab, but that's exactly what's happened for the woman known only as Eleonore, sources tell TMZ. The long-suffering assistant is reportedly "miserable," "super-stressed" and "incredibly worn out" these days because while Lindsay is in rehab, her mother, Dina Lohan, and younger sister, Ali Lohan, have been keeping Eleonore plenty

The Assistant Diaries

► Eleonore joins a long list of employees who have incurred the unseemly demands of the Lohan clan. Back in June, Eleonore quit her job, claiming exhaustion and that she "had enough of Lindsay's demands."

busy with endless errands and requests.

● METRO WORLD NEWS

Celebrity tweets



Sarah Silverman
[@SarahK-Silverman]

For very good & for very bad, success seems to come from an abundance of nerve.



Kirstie Alley
[@kirstiealley] Baby

raccoon at my back door.. Lol... Gotta put out a little snack for him....



Justin Bieber
[@justinbieber] just

heard U SMILE on the RADIO!!! WOOOHHOO!!! Thanks to Melissa the girl on the radio who requested!!



Russell Brand
[@rusty-rockets] I

have been watching Fox News for six hours and there has been no news about foxes

● METRO WORLD NEWS

Talking points

Perry takes a shot at her ex in new song

YOU OUGHTA 'NO'. Katy Perry is reportedly going after ex-boyfriend and former Gym Class Heroes singer Travis McCoy in a track on her new album, according to Billboard magazine. The song, Circle the Drain, includes the lyrics, "Thought I was the exception/I could rewrite your addiction/ You could have been the greatest/ But you'd rather get wasted." Perry dated McCoy throughout 2008 before meeting fiancé Russell Brand. "It's kind of like my You Oughta Know, Alanis Morissette moment," Perry said when describing the song.

● METRO WORLD NEWS



He wasn't high, Katy - he was simply looking at your dress.

Visa payWave

speed read breaking news brought to you by Visa payWave. a secure, faster way to pay. just wave and go.

Quick hits

Your daily dose of Dish in bite-sized pieces.

1 Jason Bateman recently said he's keen on having Jennifer Aniston in the planned Arrested Development movie.

2 Emma Thompson is not exactly the biggest Audrey Hepburn fan. In fact, she's thrilled to be working on a new version of My Fair Lady because Hepburn's performance wasn't up to snuff, she tell the Telegraph.

● METRO WORLD NEWS

Robert Palmer wasn't far from the truth when he belted out the lyrics to his song, "might as well face it you're addicted to love" in 1986. An addiction can take any form. Whether it's the high from winning a bid on eBay, doing a line of cocaine or eating a bag of Doritos, addiction is an illness with huge social, mental and physical implications



ROMINA MCGUINNESS
WELLNESS@METRONews.ca
METRO WORLD NEWS IN LONDON

ADDING UP ADDICTION

London based psychotherapist Marisa Peer defines addiction as "anything that moves the brain away from a bad or negative feeling, to a good one." We're not just dealing with substances, but anything that affects the pleasure centres of the brain. Activities such as gambling, shoplifting or online shopping are common addictions.

Peer believes that there is no one theory to explain why one person will be more predisposed to developing an addictive behaviour than another. Metro speaks to addiction experts to find out why some of us

just can't seem to get enough.

SUBSTANCE OVER SUBSTANCE

Paul J Kenny, Associate Professor of the Department of Molecular Therapeutics at the Scripps Research Institute in Florida, found that compulsive eating shared the same addictive biochemical mechanism as drug abuse.

For the study he separated a group of rats into three categories, group one had no access to junk food, group two had limited access (one hour a day) and group three unlimited access to anything fatty and high in sugar or salt such as bacon, icing or cake. "Unlimited and extended access to junk food causes a shift in brain activity, leading to compulsive eating

If addicted

Whatever it is someone is addicted to, for it to end it must be cut out completely, or abstained from for several months, maybe even years. The best is to transfer this addictive compulsion to something much healthier, such as focusing on living a healthy lifestyle, exercise or work.

habits," explains Kenny. The brain is designed to register pleasure, triggered by both drugs and junk food.

THE LESSER OF TWO EVILS

Similarly, Peer observes that refined white sugar and caffeine have the same effect on the pleasure centres of the brain as opium and nicotine.

"Sugar, caffeine and dairy are highly addictive," she says.

The thing all these foods have in common is that they have all been chemically refined.

LET'S GET PHYSICAL

The unsavoury subject of sex is something most addicts are ashamed to speak about, making it that much harder for them to reach out for help.

Dr Drew Pinsky is an expert in sex addiction, having appeared on TV shows such as Celebrity Rehab and Oprah.

Recent sex scandals involving celebs have led us to wonder, 'how does one become addicted to sex?'

Pinsky believes emotional or physical abuse as children is something many sex addicts have in common.

'It's the high'

One of Peer's clients is addicted to shoplifting even though, ironically, she is extremely wealthy. "Money isn't the issue, it's the high that comes with it and the adrenaline rush she gets from getting out of the store without being caught, these people are often hoarders, storing piles and piles of things in their homes," explains Peer. "You could put this need to consume down to a feeling of emptiness, a void people need to fill but the same goes for winning a gambling bet or a bid on eBay."

3

life

Activities for addicts



1 Sky Diving: Addicts need to channel adrenaline someplace else, skydiving is a sport that provides a huge adrenaline rush.

2 Running: Running releases the brain's pleasure chemicals, endorphins, leading to what is known as a 'Runner's high.'

3 Boxing: Punching, into a beanbag or into the air can feel liberating and help remove feelings of stress or frustration caused by giving up an addiction.

ROMINA MCGUINNESS

Finding the life you really want to live

CELIA MILNE
WELLNESS@METRONews.ca

Do you ever feel stuck in your life? The same thing happened to Dr. Susan Biali. At 28, she was beautiful, smart, thin, highly accomplished ... and totally miserable.

Dr. Biali had spent 11 years in university, earned a medical degree, and was working on an emergency

medicine residency in Vancouver. These accomplishments pleased others, but not herself. She sank into depression.

When she finally took a break from medicine, she realized what she really wanted to do with her life: flamenco dancing and writing. Sound



Dr. Susan Biali

happen when you take crazy? So what! After much soul-searching and hard work, Dr. Biali has put her dreams into action: She's now not only a doctor, but also a professional flamenco dancer and writer.

"Anything is possible and amazing things

small steps that honour a dream or passion," Dr. Biali tells Metro.

She has written a book to inspire others, called Live a Life You Love. It charts seven steps to a healthier, happier and more passionate you.

Her advice? If you want to change your life for the better, don't listen to the non-believers. "If you dream of doing something, go for it," Dr. Biali writes.

Creative self

What does creativity have to do with health?

Dr. Susan Biali, in her new book Life a Life You Love, explains that a balanced, happy, healthy life depends on nurturing your inner, creative self. Draw, paint, dance — do the things you loved to do when you were little.



Doctors call for clampdown on 'snake oil' health claims at hyperbaric clinics

Turning your life around in 7 easy steps

Here are the seven steps that helped Dr. Susan Biali turn her life around, and which she believes can lead to better health and happiness:



► Dr. Susan Biali

1 Let yourself be you. So many of us walk around pretending to be someone we're not, in order to fit in or please others. That's an extraordinarily stressful way to live.

2 Learn to love yourself. Take good care of yourself as a primary priority; others must come second or eventually you'll be useless to them.

3 Learn to listen to your body. Pay attention to changes in your body, that through illness or symptoms, might be asking you to make changes in your life and schedule. Feed yourself healthy foods.

4 Don't get sucked into drama and negativity in relationships. Focus

on doing what you need to do and don't try to change others.

5 Get a life! Give yourself permission to play more, no matter what others think.

6 Make room for the divine. Find a way to get quiet on your own on a regular basis in order to unplug from the craziness of everyday life.

7 Make "someday" today. Do something today, however small, to keep a promise to yourself or fulfill a dream. You'll enjoy an immense sense of relief, and a surge of self-esteem.

• CELIA MILNE

Beautiful to look at & eat

► With fresh, ripe tomato varieties on the market, right now is the perfect time of year to serve your guests a delicious Roasted Heirloom Tomato Tart

Preparation:

1 Line 2 rimmed baking sheets with parchment paper or leave ungreased; set aside.

2 Cut red tomatoes crosswise into 1-cm (1/2-inch) thick slices. In a bowl, gently toss together red and yellow tomatoes, oil, garlic, salt and pepper; spread on one of the prepared pans. Roast in 200 C (400 F) oven until slightly charred and shrivelled, about 30 minutes. Let cool. (Make-ahead: Refrigerate in airtight container for up to 1 day.)

3 On lightly floured surface, roll out pastry into 25-cm (10-inch) square; transfer to second pan. Using fork, prick pastry at 2.5-cm (1-inch) intervals all over; refrigerate for 30 minutes.



4 Bake pastry in centre of 200 C (400 F) oven until light golden and puffed, 12 to 15 minutes. Let cool slightly.

5 Lightly brush pastry all over with some of the egg; sprinkle with cheese, leaving 2.5-cm (1-inch) border. Arrange

red tomatoes in overlapping rows on cheese. Scatter yellow tomatoes over top; sprinkle with thyme.

6 Bake until golden and puffed, 12 to 15 minutes. Let cool for 5 minutes; cut into squares. Serve warm or at room

Ingredients:

- 8 red or striped heirloom plum tomatoes (about 625 g/1 1/4 lb)
- 250 ml (1 cup) yellow teardrop or cherry tomatoes (about 300 g/10 oz), halved lengthwise
- 30 ml (2 tbsp) extra-virgin olive oil
- 1 clove garlic, minced
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) pepper
- 1 sheet (from 450-g pkg) frozen butter puff pastry, thawed and cold
- 1 egg, beaten
- 250 ml (1 cup) shredded Gruyere cheese
- 10 ml (2 tsp) chopped fresh thyme or oregano (or 2 ml/1/2 tsp dried)

temperature. (Make-ahead: Let cool. Cover and refrigerate for up to 1 day. Reheat in 180 C/350 F oven for 5 minutes.) THE CANADIAN PRESS

HAIR LOSS PROBLEM?

Find the solution to your hair loss problem today,

BEFORE IT IS TOO LATE!

Natural Hair Regrowth With **FU YAN's** Special Treatment System & Chinese Traditional Premium Herbs. (works for Men & Women)

Reasonable, Faster, and Better Results!



*These actual before and after pictures will build your confidence in the FU YAN system. We will not deceive our customers with the use of false bald model's photographs and misleading advertising.

Many Albertan's have thanked **FU YAN** **RESULTS WITHIN 3 MONTHS.**

Some conditions apply

- No Medication • No Surgery
- No Side Effects • No Gimmicks

FU YAN NATURAL HAIR
REGROWTH TREATMENT CENTRE™

Suite 211, 10106 - 111 Ave, Edmonton AB T5T 1T1

TEL: 780-474-8564 FAX: 780-230-0213



i'm lovin' it®

McDonald's®

IS PROUD TO SPONSOR

**PROMOTER
OF THE WEEK**
CONGRATULATIONS

Tony B.

Pick up your free copy of Metro from
this week's Promoter of the Week at:

**107 Avenue
Mobile Promoter**

...OR FROM ONE OF OUR MANY OTHER PROMOTERS!

PROMOTER WILL RECEIVE A
McDonald's Gift Certificate



**THE VIDEO EVERYONE'S
TALKING ABOUT**

Visit metronews.ca
to watch

metrotube

CANDICE SUGGESTED WAITING UNTIL MICHAEL WAS SOBER

How We Met: Michael & Candice

Names: Michael, 33, and Candice, 26

Hometown: Vancouver

Together since: 2008

Their story:

"I (Candice) worked as a manager for a poker company, and Michael was one

of the owners of a venue that we rented ...

When I went to set up for a tournament, Michael was at the venue and he helped me unload some equipment.

I didn't see him again until months later, when we had rented his venue for another poker tournament. This time he had a friend with him and they both helped me unload the truck and set-up for the tournament.

I was blown away and thought that it was super nice of them. We had a few drinks and chatted afterward. I thought Michael was very handsome, but I actually ignored him a little because I assumed he

was "a player" based on his good looks.

When I got home that night, I received a text message from Michael asking if it would be inappropriate to ask me out sometime, since we somewhat worked together.

I replied that if he had the guts to ask me out when he was sober, I would think about it.

He called me first thing in the morning to apologize for his late-night text and he did ask me out again - sober! Many dates and two years later, we're still together and I'm glad I didn't judge this book by his cover!"

FOR MORE HOW WE MET STORIES, GO TO 2FORCOUPLES.COM



► Candice worried Michael would be a player because he was so handsome.

Romance



► For women, cucumbers mixed with Good & Plenty candy are a big turn-on.

AUTHOR REVEALS SECRETS FROM THE SEX LAB

For her book, *Secrets from the Sex Lab*, author Judy Dutton gathered researchers' findings on what's going on chemically and neurologically.

The biggest mystery is sexual

chemistry. What is it? Sexual chemistry is ruled by factors we have little control over or little awareness about. For example, the way someone smells can make

or break how much chemistry you have. Someone may seem all wrong but the smell is right and you're smitten and you don't understand why. It has to do with the major histocompatibility complex, a sequence of genes involved in the immune system. If someone smells good, it indicates that your immune systems are compatible and you'll have strong healthy offspring.

What particular smells are turn-ons?

Scientists found that men are attracted to the smell of pumpkin pie mixed with lavender. That smell increased genital blood flow by 40 per cent. For women, the smell of cucumber mixed with the candy Good & Plenty increased vaginal blood 14 per cent.

● TORSTAR NEWS SERVICE

**No Matter Where you Call
No Matter What Rate you Pay
Comwave will beat it...
Guaranteed!**

UNLIMITED Calling to **INDIA**
From your Home or Cell Phone!

only **\$29.95** /month

| CUBA | INDIA | PAKISTAN | PHILIPPINES |
|-------------|------------|------------|-------------|
| 89.9 | 2.9 | 5.9 | 11.9 |

| | | |
|------------------------|----------------------|------------------------|
| Afghanistan.....24.9 ¢ | Kuwait.....6.9 ¢ | Honduras.....15.9 ¢ |
| Bangladesh.....3.9 ¢ | Lebanon.....9.9 ¢ | Iraq.....4.9 ¢ |
| Barbados.....9.9 ¢ | Libya.....24.9 ¢ | Israel.....2.9 ¢ |
| Chile.....2.9 ¢ | Nepal.....7.9 ¢ | Italy.....2.9 ¢ |
| China.....2.9 ¢ | Oman.....12.9 ¢ | Russia.....2.9 ¢ |
| Ecuador.....12.9 ¢ | Fiji.....24.9 ¢ | Saudi Arabia.....9.9 ¢ |
| El Salvador.....9.9 ¢ | Ghana.....9.9 ¢ | South Korea.....2.9 ¢ |
| Jamaica.....8.9 ¢ | Greece.....2.9 ¢ | Sri Lanka.....9.9 ¢ |
| Jordan.....13.9 ¢ | Guatemala.....10.9 ¢ | Trinidad.....4.9 ¢ |
| Kenya.....9.9 ¢ | Guyana.....27.9 ¢ | U.A.E.....16.9 ¢ |

Comwave Guarantees you the Lowest Rates to Call Anywhere in the World, For Life. So Even if you're Paying Less than our Advertised Rates, Call Today and we'll Beat it... **GUARANTEED!**

Make Long Distance calls to Anywhere
in the World from your Cell Phone at
Comwave's **GUARANTEED** Lowest Rates



- ✓ No need to cancel your service provider.
- ✓ \$10 Free Long Distance for every friend you refer
- ✓ No Contracts



The Comwave Bundles

Limited Time Offer!

UNLIMITED Calling to Anywhere in **CANADA**

\$5 /month

The Global Bundle
Call over 20 Countries

only **1¢** /min

\$10 /month = **1000** Minutes per Month = **1¢** /min

Argentina Belgium Brazil Canada China Denmark France
Germany Hong Kong Ireland Israel Italy Mexico Poland
Portugal Russia Singapore Spain Sweden UK USA

comwave

780-665-1818

www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. Rate Guarantee is based on competitors lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. The Comwave Global Bundle does not include calls to overseas mobile phones. Calls to Argentina on this bundle are to Buenos Aires. Calls to Brazil on this bundle are to Rio De Janeiro and Sao Paulo. Calls to Overseas Mobile Phones may be billed at a higher rate. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T. \$29.95 Unlimited calling to India is limited to 3000 minutes per month. Unused minutes do not roll over to the following month. Terms and conditions apply. See www.comwave.ca for details.

Fun and Frugal

LESLEY SCORGIE

MONEY@METRONEWS.CA

GOOD TO KNOW
INSURANCE BASICS

Though it's not pleasant to think about illness, disease, death, disability, floods, fires, accidents, or other awful events, catastrophes can happen and you need to be equipped with the right insurance to get you through.

The first rule of insurance is to insure for the major things and people in your life such as your

house, vehicle, future earnings and life, in the event that you die.

Avoid insuring for petty things like extended warranties on computers, eye glasses and cars.

Pet and child life insurance are also a bad deal because your financial survival doesn't depend on the survival of your pets and children.

Adult life and disability coverage is often sufficient for a family.

Next, opt for the highest

deductible. The likelihood of something catastrophic happening is low, so you should always be able to afford the higher deductible, for example, \$1,000 versus \$500. Annual savings roll in at 15 to 20 per cent of the total premium paid when you select the higher deductible.

Low deductibles also give people incentive to file small claims more often. And when you file more claims, your premiums go up.

Interest rates/
Savings accounts

| BANK | RATE |
|--------|-------|
| BMO | 1.10% |
| CIBC | 0.70% |
| HSBC | 0.70% |
| ING | 1.50% |
| PCF | 1.10% |
| RBC | 1.0% |
| SCOTIA | 1.15% |
| TD | 1.10% |
| ALLY | 2.0% |

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

CaptureThePage.ca



Any space can be beautiful.

© Inter IKEA Systems B.V. 2010.

Service Directory

To advertise call 780-702-0592

FINANCIAL

\$500\$ loan service
by phone, no credit refused, quick and easy, payable over 3, 6, or 12 installments.
Call toll free:
1-877-776-1660
www.moneyprovider.com

NEED MONEY?
✓ No credit checks
✓ Fast approvals
Call **1-866-499-5629**
And get cash now!!
www.mynextpay.com

EMPLOYMENT

O&J FRAMING LTD.
is looking for a Framing carpenter with 5 or more years of experience
Salary \$25 to \$27
Edmonton and surroundings
Please apply to
joanne.lemay@shaw.ca

EVENT

IronMama
5 K Run & Walk
Sunday August 15 - 9am
Enjoy Edmonton's beautiful River Valley and celebrate being a mom!
www.newmama.ca

REAL ESTATE

Sell your home on
MLS
MULTIPLE LISTING SERVICE®
from only
\$849
We're the new face of Edmonton real estate

FrontSteps.ca
your best way in
Get listed today!
(780) 628-2777
Flexible plans to sell your house
www.frontsteps.ca

Plug into savings
on electricity bills

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

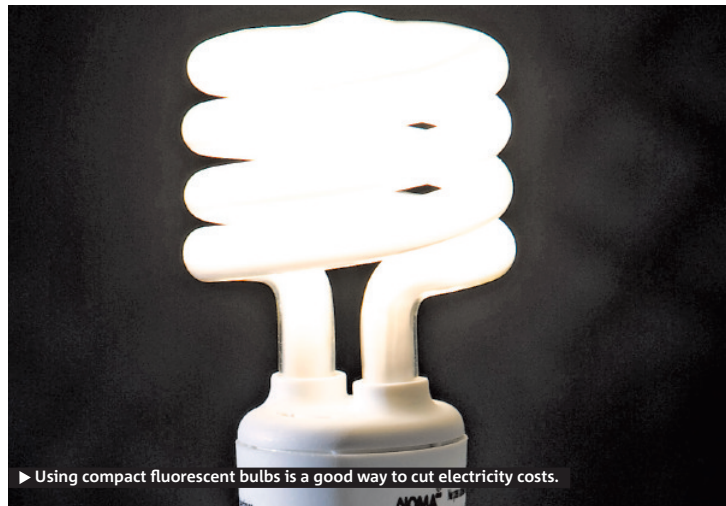
When certain costs get out of hand you have to take them in hand.

I'm mad as hell and I'm not going to take it any more. Electricity bills. I'm mad that the sector has been poorly managed nationally and there's still so little effort devoted to alternative sources.

I'm mad that time-of-use billing discriminates against stay-at-home parents, the disabled, the elderly and shift workers.

Last week the news was full of predictions about energy bills rising by double digits over the next few years nationally. It's time to get even.

I'm never going to be the poster girl for electricity conservation. My husband and I both work and live in a rambling, leaky 160-year-old stone farmhouse. No mind! Here's how we tackled our con-



► Using compact fluorescent bulbs is a good way to cut electricity costs.

sumption, determined to cut \$150 monthly.

1. One wheezy beer fridge. Gone. And it was hauled away gratis.

2. Lights! Camera! Inaction! Lights off, natch, but we went after power bars, the satellite receiver and everything with a standby setting.

3. Bulbs. Went compact fluorescent throughout ex-

cept where we need better illumination for reading.

4. Windows and doors. We replaced ancient windows and caulked like crazy.

The expense was offset to a degree by grants and last year's reno tax credit. We also installed storm doors.

5. Hot and Cold. We set the air conditioner higher

and heat lower.

6. Furnace. We installed a device (\$7 monthly rental) which maximizes burn rate and fan time.

7. Just dry me. The dryer is the biggie. It's a matter of pride that we only use it for emergencies.

Voilà! \$150 saved monthly = \$23,636 over 10 years at a five per cent rate of return.

Apartment Finder

To advertise contact Yvonne Markey at 780-701-0347

realstar management

BLUE QUILL APARTMENTS

1-888-241-8361 • 11615 28th Ave. NW

Ask About 50% off SD and FREE Rent!

1 bedroom from \$895, 2 bedroom from \$995

WESTLAWN VILLAGE APARTMENTS

1-888-423-9792 • 9535 165th Street NW

MACDONALD ESTATE APARTMENTS

1-888-289-4159 • 9925 Jasper Avenue

www.realstar.ca

Career Finder

Looking for a
Commercial Satellite Installer

REQUIREMENTS: Valid Drivers License, Drivers Abstract, Head End Building & Balancing Experience, Knowledge of StarChoice, BellTV, & Sky, Experience in L-Band & Digital Deployment, and Fibre Optics Basics.

DUTIES: Commercial Installation of satellite and related products | **WAGE:** \$20/hr

Please email all resumes to
denova@innovativesatellite.ca

INNOVATIVE SOLUTIONS, 9511 42 Ave, Edmonton, AB, T6E5R2

Take deep breath and dive right in

► Frosh week provides first-year students training wheels for independence

JON TATTRIE
FOR METRO CANADA

The first week of university can be an overwhelming immersion in a new world, but experts say the best plan is to take a deep breath and dive in.

Adrian Lee, a Frosh co-ordinator at the University of King's College in Halifax,

says you may be reveling in a new-found independence, but you should still listen to your frosh leader.

"The leaders have been there before and they know what's best and what it's going to take for you to have an optimal week orienting yourself to a completely new city and completely new friends," he says.

That includes learning to live on your own, either on campus or off.

It's also a great chance to meet new friends and set yourself up with allies for the next four years. While booze has a long, respected role in frosh weeks, Lee says not everyone wants to end up drinking beer out of a shoe. He was a quiet frosh and therefore terrified. It worked out well, and soberly, for him.

Denea Campbell, an orientation coordinator at the University of British Columbia, says the top three goals are meeting new students, getting prepared for class and getting involved.

At UBC, the critical frosh day is Imagine UBC, where a senior student offers groups of 12 new and returning students a vast amount of information about their campus



► Look to frosh leaders for guidance on orienting yourself to a new city and a new experience.

Frosh by any other name

► While Canadians are accustomed to the genderless term frosh, its roots are from freshmen, the term still used in much of the U.S. In the United Kingdom and Ireland, scholarly newbies are known as freshers.

► South Africans starting

their post-secondary education earn the more erudite nickname of learners.

► Swedish students humble first years with the term "nolla," which means zero, as in zero-year student.

► Australians cut to the chase with the vulgar acronym Jaffys. That stands for "just another freaking first year," only they don't say freaking.

and city.

It can seem overwhelming and hiding in your spiffy new apartment may seem appealing, but Campbell

says there will be lots of time to do that. There won't be lots of time to learn where the arts building is.

"I would recommend go-

ing to all of your classes — I mean, always go to class, but at least go on your first day and get the syllabus," she says.



UNIVERSITY OF
ALBERTA
Faculty of Extension

Part-time Professional Studies

Construction, Environmental,
Health and Safety Studies

Build. Connect. Sustain.



Business and Management
Adult and Continuing Education

Learn. Lead. Succeed.



Learn more and register today: 780.492.3116 www.extension.ualberta.ca

Dollars are just as important

► You need to juggle your finances with your studies ► Smarter choices save you money without cramping style



The new semester is almost here and while getting good grades is important, making the grade financially can be just as crucial.

Kira Vermond, money columnist at Chatelaine magazine and author of the book *Earn, Spend, Save: The savvy guide to a richer, smarter, debt-free life* says expenses can add up quickly so taking a little care can help stretch

your finances further.

While it's smart to stock up on school gear beforehand, try not to spend beyond what fits your needs, especially when it comes to technology.

"Yes, having a computer is going to make your life easier but you don't have to go out and buy the biggest and best. You also shouldn't buy a whole new wardrobe for the first day of school either because the prices will come down within a few weeks as all those

summer clothes get discounted for winter gear," Vermond said.

With a limited

budget, you want to make sure

"Do your homework before you buy — go online, find out if it's worth it. There are so many reviews out there these days," Vermond said.

Credit cards often get offered out like candy on campus, many with some tempting promotions attached but read the fine print before you commit to anything and stick to one card with a low limit, Vermond suggests.

As for entertainment, if a little liquid enjoyment is unavoidable then force yourself to budget your

"Do your homework before you buy — go online, find out if it's worth it."

KIRA VERMOND, AUTHOR

drinking money in the harshest way possible.

"If you're going to drink, leave your wallet at home."

"Just take some cash along and once it's gone, it's gone. Leave everything else at home," Vermond said.



your money goes as far as possible so check reviews and online forums — there's nothing worse than realizing your brand new digital camera is a clunker that's half as good and twice as expensive as the previous year's model.

Reuse your supplies

When it comes to younger students, Chatelaine money columnist Kira Vermond suggests parents take stock of all their child's supplies that are reusable — often you won't need to buy nearly as much stuff as you think.

"You don't always need new supplies — you can reuse from the year before. Leftover crayons, pencils and notebooks often are still fine and can save you money," Vermond said.

● RAF BRUSILOV

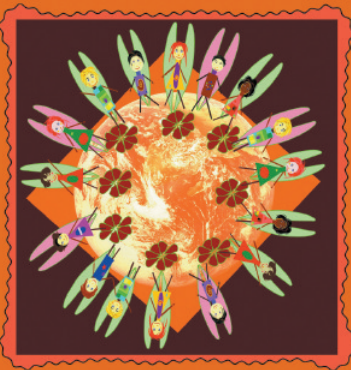
Save your cash

A few more back-to-school money tips, courtesy of Ryerson University.

► Check for bursaries and scholarships offered by your university, you may be eligible for a few you wouldn't have thought of before.

- Buy used things whenever possible, especially books
- Use your student ID to get discounts any and every time you can
- Stop with the \$4 latte-buying and get yourself a coffee-maker instead
- Hunt through local listings for free concerts, movie showings and entertainment events

100 Voices ... An early learning program



A multicultural approach to learning for
3 1/2 - 4 1/2 year olds
(year prior to Kindergarten)
and their parents



EDMONTON CATHOLIC SCHOOLS
www.ecsd.net

Program Highlights:

- All children in the community welcome
- Certified teacher
- Learning through play
- Integration of the fine arts
- Rich oral language
- Family/parent nights
- A multi-disciplinary team that includes:
 - Early learning consultants
 - Speech-Language Pathologist
 - Occupational Therapist, OT/Adapted Phys-Ed Therapist
 - Physical Therapist
 - Psychologist and Behaviour Specialist
 - Family School Liaison Services
- Interpreters
- Honours all cultures and first languages
- Reggio inspired
- Faith-based

Children must be 4 years old on or before March 1st, 2011 to qualify for this program.

Fees may/may not apply.
Transportation may be provided.

Please contact the school directly and/or call
780 638-6810.

The program is being offered for the 2010/11 school year at:

Anne Fitzgerald Elementary School
699 Clareview Road
Phone: 780 475-9619

Blessed Kateri Elementary School
3807-41 Avenue
Phone: 780 440-3322

Monsignor Fee Otterson
1834 Rutherford Road S.W.
Phone: 780 430-8015

Katherine Therrien Elementary School
15040-118 Street
Phone: 780 456-0175

Mother Teresa Elementary School
9008-105 A Avenue
Phone: 780 471-3631

Our Lady of Peace Elementary School
15111-110 Avenue
Phone: 780 489-1222

St. Augustine Elementary School
3808-106 Street
Phone: 780 435-4949

St. Catherine Elementary / Junior High School
10915-110 Street
Phone: 780 426-6933

St. Elizabeth Elementary School
7712-36 Avenue
Phone 780 462-7022

St. Gabriel Elementary School
5540-106 Avenue
Phone: 780 466-0220

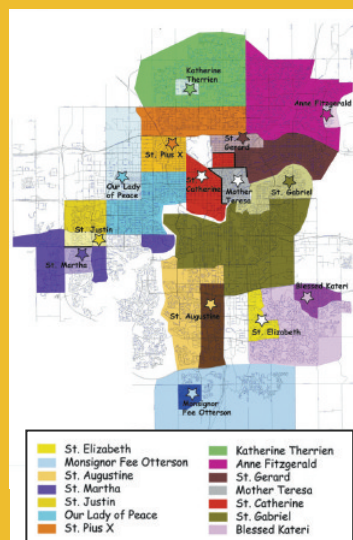
St. Gerard Elementary School
12415-85 Street
Phone: 780 474-5208

St. Justin Elementary School
8405 - 175 Street
Phone: 780 487-2264

St. Martha Elementary School
7240-180 Street
Phone: 780 487-4594

St. Pius X Elementary School
12214-128 Street
Phone: 780 453-3941

100 Voices Program Boundaries 2010/2011



- | | |
|------------------------|--------------------|
| St. Elizabeth | Katherine Therrien |
| Monsignor Fee Otterson | Anne Fitzgerald |
| St. Augustine | St. Gerard |
| St. Martha | Mother Teresa |
| St. Justin | St. Catherine |
| Our Lady of Peace | St. Gabriel |
| St. Pius X | Blessed Kateri |



► U of A is working with northern colleges to train more Aboriginal teachers for Aboriginal classrooms.

Getting degree closer to home

► Unique U of A program aims to increase number of Aboriginal teachers in province

ANDREW COWIE
FOR METRO EDMONTON

A unique program offered out of the University of Alberta is looking at improving the educational success of Aboriginal children by introducing more Aboriginal teachers.

The Aboriginal Teacher Education Program is an off-campus program that seeks to increase the number of

Aboriginal teachers by working with various colleges north of Edmonton.

Dr. Dwayne Donald, assistant professor at the Faculty of Education, said the program gives a chance for students to get their degree but being them a chance to stay close to home.

"The courses are the same, but efforts are made to make course materials and assignments relevant to

the concerns and priorities of aboriginal students and communities," he said. "This makes for a more supportive and less stressful classroom environment for some."

The program will be working with Portage College until 2012, and collaborative work with Northern Lakes College will also take place between 2011 and 2013.

Design your Future

ASK US
ABOUT OUR
E-TRAINING

Autodesk
Authorized Training Center

Autodesk
Certification Testing Center

www.digitalschool.ca

Create. Design. Invent. Innovate. Animate. This is what our students do. They come here to learn and to be part of a community. Digital School students and instructors share a passion for this unique blend of design and technology, where software and creativity merge under one roof. Most of all, students are here to fulfill a career doing what they love - **a Career in CAD.**

Enroll Today!

- Architectural CAD Technician
- Engineering CAD Technician
- Process Piping Specialization
- Computer Aided Drafter
- and more!

DIGITAL School
computer aided design training

#304, 10205-101 STREET, EDMONTON - CALL TOLL FREE 1-877-414-0200

OPEN HOUSE - THURSDAY, AUGUST 26TH - 4 TO 8 PM

take
charge

with an
MBA DEGREE
on-campus | online

visit learn.ucan.ca

UNIVERSITY CANADA WEST

A career in

health care
business?
technology

It's closer than you think.

In a matter of months, you can earn your diploma from CDI College in one of more than 50 programs in **Business, Health Care, and Technology.**

Multiple start dates mean you can start training for your career as soon as you're ready and, with 17 campuses across Canada, CDI College is closer than you think.

**Ready for your career?
Make the call.**

Make the call 1 888-245-6567

edm.cdicollege.ca

CDI COLLEGE
Canada's Leading Career Training Provider.

NEW for the 2010-2011 School Year



Little Bethlehem Program



An educational, Faith-based program for 3 year olds

- Reggio-inspired learning
 - Family celebrations
- Developing a relationship with Jesus
 - Literacy-rich environment
 - Inclusive programming
 - Certified teacher
- Services of a multi-disciplinary team including:
 - Early Learning Consultant, Speech-Language Pathologist, Physical Therapist, Occupational Therapist, Behaviour Specialist, Adapted Physical Education Specialist, Family School Liaison Workers
 - Fees may/may not apply

Our Lady of the Prairies Elementary School

17655-64 Avenue • Phone 780 481-0389
www.ourladyoftheprairies.ecsd.net
 or call Early Learning at 780 638-6810



EDMONTON CATHOLIC SCHOOLS

16

metro

metronews.ca
TUESDAY, AUGUST 10, 2010

Cellular nuclear power plants

▶ Mitochondria are an important insight into the persistence of cancer cells



CODIE MCLACHLAN
FOR METRO EDMONTON

A University of Alberta researcher has been given a grant to research the factors that allow cancer cells to persist, even when faced with high-stress treatments such as chemotherapy.

Dr. Thomas Simmen, an assistant professor at the university's department of cell biology, has been awarded \$400,000 by the Canadian Cancer Society Research Institute to conduct the research, which Simmen describes as being "basic."

"It's a fairly new field of research," Simmen said.

He explained that cellular energy comes from structures called mitochondria, which Simmen refers to as the "power plant" of the cell.

Simmen added the mitochondria can be compared to

"The mitochondria, being some kind of nuclear power plant ... that can blow up, on the one hand, is needed for the survival of tissues, but on the other hand, is also needed to eliminate cells that are a danger for the organism."

DR. THOMAS SIMMEN, UNIVERSITY OF ALBERTA

a nuclear power plant, in that it can "blow up" when the cell undergoes stressful situations, such as receiving too many toxins. This can release factors that are able to kill the cell.

"If a cell malfunctions and leads to the accumulation of toxins, then it needs to die because it corresponds to a danger for the organism," Simmen explained. "So the mitochondria, being some kind of a nuclear power plant, if you want, that can blow up, on the one hand, is needed for the survival of tissues, but on the other hand,

is also needed to eliminate cells that are a danger for the organism."

In cancer, this interaction is thought to malfunction, he added, because cancer cells tend to produce growth factors, even though they are often in unfavourable environments.

He added the research is very basic, and it will be a long time before it leads to new treatments. "We try to increase the knowledge about cancer cells with the hope in the future to increase our weapons against cancer."



Thinking College

Call Today,
START TRAINING
Right Away!

www.academyoflearning.ab.ca

Thinking of going to college? This is the place for you. Choose your career and program of study, and get on your way to a life you want. Academy of Learning gives you lots of choices and flexibility. Start today and get into the workforce quickly - in less than one year.

- | | |
|--------------------------|------------------------|
| ✓ Healthcare | ✓ Business |
| ✓ Office Administration | ✓ Accounting / Payroll |
| ✓ Legal Administration * | ✓ Web Design |
| ✓ Hotel & Tourism * | ✓ Insurance |
| ✓ Information Technology | ✓ and more! |

* May not be available at all locations

OPEN HOUSE
September 7-9
Call for Details

| | |
|--------------------|----------------|
| Edmonton Downtown | (780) 424-1144 |
| Edmonton South | (780) 433-7284 |
| West Edmonton Mall | (780) 496-9428 |
| Red Deer | (403) 347-6676 |
| Calgary | (403) 569-8973 |
| Medicine Hat | (403) 526-5833 |

Financial Assistance may be available to those who qualify!



Academy OF LEARNING
Career and Business College

Simply a BETTER Way to Learn!

Students lend a helping hand

► Undergraduate students use their skills to help tackle the issues faced by rural Alberta communities



A pilot program out of the University of Alberta's Augustana campus saw three undergraduate students working over the summer in small communities, and the program's directors are very pleased with the feedback.

"Rural communities across the country, and of course here in Alberta, have been feeling the pressures both from above and from below in terms of having more ad-

ministrative and governance responsibilities put on them," said Lars Hallstrom, Director of the Alberta Centre for Sustainable Rural Communities.

"The logic behind this program is to utilize what is, in many ways, an underutilized resource, which is undergraduate students, and put them into rural communities."

The students, according to Hallstrom, are sent into the communities to act as a second set of hands to increase both

the human resources and the decision-making capacity of the communities.

He added that the work done by the students is "all over the place" — one student is working on youth engagement, another is working on water policy and another has been working with everything from land use assessment to finding resources for things like a municipal lawn mower.

"The feedback we've

"Rural communities across the country ... have been feeling the pressures both from above and from below in terms of having more administrative and governance responsibilities put on them."

LARS HALLSTROM, DIRECTOR OF THE ALBERTA CENTRE FOR SUSTAINABLE RURAL COMMUNITIES

had from the communities has been very positive," Hallstrom said.

"Not only because they get an extra pair of hands, but because they're get-

ting students who are really engaged in being part of that community."

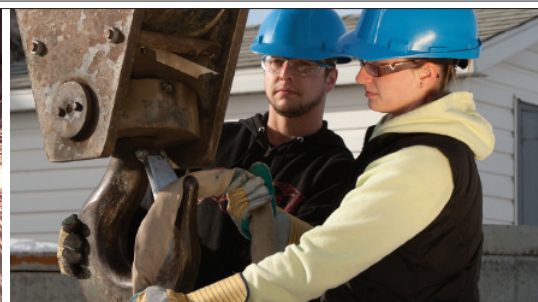
He added that some of the students come from small towns, so they are

familiar with some of the challenges these communities face.

"It gives the students real exposure to the reality of rural, municipal and non-governmental governance on the issues that face rural communities," he said.

"But it also gives them a chance to apply their undergraduate education in a very hands on way."

The three students are located in Hardisty, Wainwright and Heisler.



Just the facts

- First year in a two-year pilot project
- Three communities: Heisler, Wainwright and

- Hardisty
- Students from a variety of undergraduate backgrounds
- Next year will have six students



► Shay Barker works in Wainwright. Barker is working on ways to engage the community's youth.

FAST-TRACK TO A CAREER IN THE TRADES

TECHNICIAN PROGRAMS

Get a head start on the way to journeyman with these full-time programs in welding and machining. The curriculum is designed to give students hands-on training plus 1st and 2nd year trade-specific theory so that successful graduates can write Apprenticeship Board exams.

Welding Technician WLD790

Fee: \$2,435 | Hours: 600
Mon to Fri, 8:15 am to 3:15 pm
Aug 30, 2010 to Jan 28, 2011
Jan 31, 2011 to Jun 24, 2011

Machining Technician MAC790

Fee: \$2,920 | Hours: 672
Mon to Fri, 8:15 am to 4:10 pm
Aug 30, 2010 to Feb 25, 2011
Jan 3, 2011 to Jun 17, 2011

QUALIFICATION PREPARATION

NAIT and Apprenticeship and Industry Training (AIT) have partnered to provide two intensive programs. Journeymen Steamfitter/Pipefitters can work towards their Welding ticket and Plumbers can advance to Steamfitter/Pipefitter certification.

Qualification Preparation SF/PF to Welder WLD820

Fee: \$2,435 | Hours: 600
Mon to Fri, 8:15 am to 3:15 pm
Aug 30, 2010 to Jan 28, 2011
Jan 31, 2011 to Jun 24, 2011

Qualification Preparation Plumber to SF/PF PIP820

Fee: \$1,220 | Hours: 300
Mon & Tues, Thurs & Fri, 7:15 am to 2:10 pm
Wed, 10:15 am to 4:40 pm
Aug 30, 2010 to Nov 5, 2010

Find out more information online at www.nait.ca/ContinuingEducation or call 780.378.5242

EDUCATION FOR THE REAL WORLD



DRAMA. SUSPENSE. COMEDY.

Visit metronews.ca to watch [metrotube](#) of the day

AN INSTITUTE OF TECHNOLOGY COMMITTED TO STUDENT SUCCESS

11762 - 106 St. Edmonton Alberta Canada T5G 2R1 PH 780.471.6248 TOLL FREE 1.877.333.NAIT

4 sports

Sports in brief



1 Joakim Noah is discussing a contract extension with Bulls.

2 Red Wings and Tigers owner Mike Ilitch wants to buy the Detroit Pistons.

3 Teemu Selanne signed a one-year contract with the Ducks. THE ASSOCIATED PRESS



Scan code for news

Tennis. Rogers Cup underway



► Milos Raonic plays at the Rogers Cup yesterday in Toronto.

COLIN MCCONNELL/TORSTAR NEWS SERVICE

First of four wild-card Canadians loses on Rogers Cup's first day

Canadian Milos Raonic dropped a 6-4, 6-4 decision to Victor Hanescu of Romania in first-round play at the Rogers Cup. Raonic, of Thornhill, Ont., was one of four Canadian players given wild-card entries into the ATP Masters 1000 series tournament. The others are Frank Dancevic of Niagara Falls, Ont., Pierre-

Ludovic Duclos of Ste-Foy, Que., and Peter Polansky of Thornhill, Ont. In other early matches yesterday, Sergiy Stakhovsky of Ukraine defeated Richard Gasquet of France 7-5, 6-1, and Juan Ignacio Chela of Argentina beat Alejandro Falla of Colombia 6-1, 6-3.

Arbitrator says no to Kovie's deal

- Arbitrator upholds NHL's rejection of Kovalchuk's 17-year, \$102-million contract with Devils
- Deal would have been longest and most severely tapered of 'front-end-loaded' contracts

Ilya Kovalchuk is an unrestricted free agent for the second time this summer.

Independent arbitrator Richard Bloch ruled in favour of the NHL's rejection of Kovalchuk's 17-year, \$102-million US contract with the New Jersey Devils.

Kovalchuk agreed to the deal with the Devils on July 20 but the league ruled later that night that the landmark contract, the longest in NHL history, violated the

salary cap.

The NHL Players' Association then filed a grievance disputing the ruling.

The NHLPA said in a statement issued yesterday it was "disappointed with the arbitrator's ruling to uphold the NHL's rejection of the contract between the New Jersey Devils and Ilya Kovalchuk."

The NHLPA added it was "currently reviewing the decision and will have no

further comment at this time."

In a brief statement yesterday, NHL deputy commissioner Bill Daly said that Bloch's ruling is "consistent with the league's view of the manner in which the collective bargaining agreement should deal with contracts that circumvent the salary cap."

The league felt the Devils went too far in giving the 27-year-old Russian a con-

tract that would pay \$95 million over the first 10 years, but only \$7 million over the final seven. That would reduce the cost against the salary cap to a relatively modest \$6 million per year. The final five years would pay only \$550,000 per season.

Questions were also raised over term. It would end when Kovalchuk is 44, well past retirement age for most players.

However, in recent seasons the league has not rejected similar "front-end-loaded" contracts in which the salary cap hit is diminished by adding extra years at relatively low pay.

But none is as long or tapers so sharply at the end as that signed by the flashy Kovalchuk, the biggest name on the free agent market this summer.

THE CANADIAN PRESS

Lowly Mariners fire trailblazing skipper

The last-place Seattle Mariners have fired manager Don Wakamatsu.

The team announced the dismissal of the major leagues' first Japanese-American manager hours before last night's game against Oakland.

Wakamatsu is the fifth

manager to be fired this season. Baltimore's Dave Trembley, Kansas City's Trey Hillman, Arizona's A.J. Hinch and Florida's Fredi Gonzalez also were dismissed.

Seattle entered the day 42-70, second to last in the AL. THE ASSOCIATED PRESS

Reds beef up outfield for playoffs

The NL Central-leading Cincinnati Reds got Jim Edmonds from the Milwaukee Brewers in a trade for Chris Dickerson yesterday, strengthening their outfield for a playoff run.

THE ASSOCIATED PRESS

Raptors headed to jolly old England

The Toronto Raptors will lead the NBA's first regular-season excursion overseas.

NBA commissioner David Stern confirmed yesterday the Raptors and New Jersey Nets will play two regular-season games in London this season.

The teams will square off

March 4 and 5 at the O2 Arena.

"The entire Raptors organization is pleased to be representing the NBA in these historic regular season games in Europe," said Raptors GM Bryan Colangelo in a statement.

THE ASSOCIATED PRESS

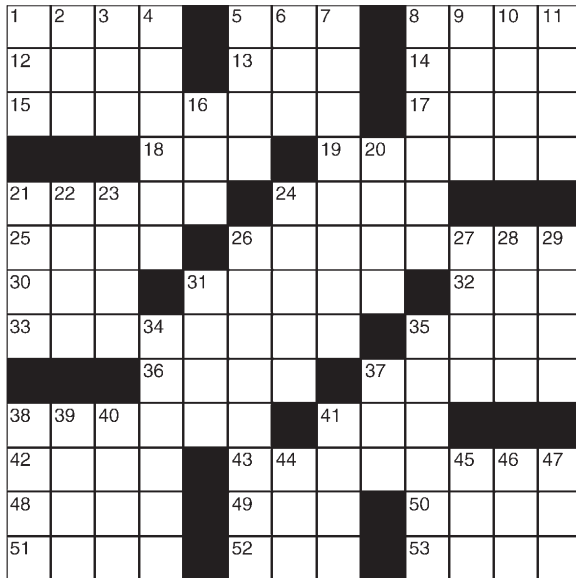
Crossword

Across

1 Talon
5 Calendar abbr.
8 Movie pig
12 Gaucho's weapon
13 Judge Lance
14 Eye part
15 Gilbert's partner
17 Guys' companions
18 "CSI" evidence
19 Bite a bit
21 Streamlined
24 Conflagration
25 Home turf?
26 "Midnight in the Garden of Good and Evil" setting
30 Actress Gardner
31 "Nevermore" sayer
32 Id counterpart
33 Points of perspective
35 Newman or McCartney
36 Responsibility
37 Blender setting
38 Palin territory
41 Melody
42 Works on 25-

Down

1 Couric's network
2 Gehrig or Brock
3 Every iota
4 Thoreau's getaway spot
5 Prima donna
6 Greek vowel
7 Plots slyly
8 London landmark
9 Speedy steed
10 Chelsea's dad
11 Being, to Brutus
16 Squid squirt
20 Persia, now
21 Czech or Croat
22 Volcano outflow
23 Actor McGregor
24 Most popular ones, for short
26 Giant cacti
27 In the neighbor-



Yesterday's answer



Today's horoscope

♈ Aries March 21-April 19

Today's new moon will help you focus on what is truly important. This is potentially one of the best times of the year for you.

♉ Taurus April 20-May 21

Get the balance right today. Spend some time helping a loved one overcome their personal problems, but also take advantage of an opportunity to move up on the work front.

♊ Gemini May 22-June 21

What takes place today may appear to have arrived out of the blue but in reality it has been building up for some time. Don't try to dodge the issue: Face up to the challenge and turn it into an opportunity. It can be done.

♋ Cancer June 22-July 22

Among other things the current cosmic alignment will help break the deadlock in your financial and business affairs, so don't lose heart. Your money situation could be better, but it could be worse!

♌ Leo July 23-Aug. 23

A new moon in your sign means a new start is possible in whatever area of your life you think needs it most. You have wasted too much time and too much energy on things of no consequence.

♍ Virgo Aug. 24-Sept. 22

You have the power to change your life for the better, but do you have the confidence to use that power? Show the world what you can do. Now!

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ Libra Sept. 23-Oct. 23 Some major changes are about to take place, changes that will be to your benefit, but you will achieve more if you join forces with people who share your aims.

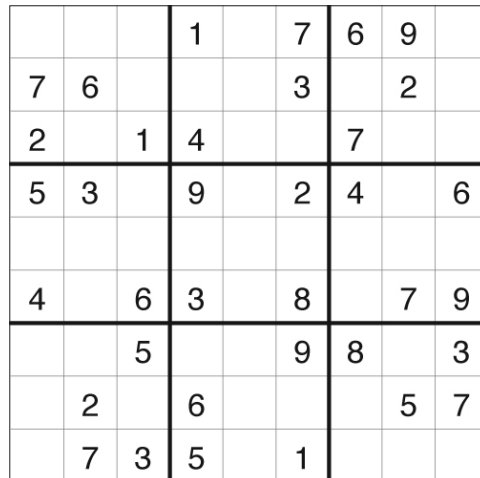
♏ Scorpio Oct. 24-Nov. 22

You need to wise up about something that, in all honesty, you have been a little naive about in recent months. It's a tough world out.

♐ Sagittarius Nov. 23-Dec. 21

Everything may be going well for you at the moment but you know from long experience how quickly things can change, so put your own interests first and make sure you keep a little something in reserve — just in case.

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | 7 | 2 | 8 | 3 | 6 | 1 | 5 | 4 |
| 3 | 4 | 5 | 2 | 1 | 9 | 7 | 6 | 8 |
| 8 | 1 | 6 | 7 | 4 | 5 | 9 | 2 | 3 |
| 5 | 2 | 8 | 1 | 6 | 7 | 4 | 3 | 9 |
| 1 | 9 | 3 | 4 | 5 | 8 | 2 | 7 | 6 |
| 4 | 6 | 7 | 9 | 2 | 3 | 8 | 1 | 5 |
| 7 | 3 | 4 | 6 | 8 | 1 | 5 | 9 | 2 |
| 6 | 8 | 1 | 5 | 9 | 2 | 3 | 4 | 7 |
| 2 | 5 | 9 | 3 | 7 | 4 | 6 | 8 | 1 |

A look at the weather

TODAY
Min 11°
Max 24°

WEDNESDAY
Min 9°
Max 26°

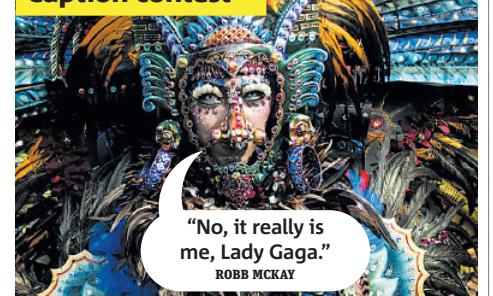
THURSDAY
Min 12°
Max 22°

Michele McDougall Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 6AM



Caption contest



"No, it really is me, Lady Gaga."

ROBB MCKAY

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



"I LOVE THIS PAPER"

"This app is a great way to read Metro when on the go" — Real user review

The free Metro Canada application is available on the App Store.

Don't have an iPhone or iPod touch?

Visit m.metronews.ca for news on the move.

Available on the App Store

metronews.ca

Adventure!

Teach English Overseas

- > TESOL Certified in 5 Days
- > In-Class or Online
- > No Degree Required!

1.888.270.2941

10037B - 82 Ave • Job Guaranteed!

Free info seminar: Aug 17th

Next in-class course: Aug 18th - 22nd

www.globaltesol.com

GLOBAL TESOL COLLEGE
Teach English Worldwide

Deals of the week

DOMINICAN REPUBLIC

Puerto Plata via Toronto

Bahia Principe San Juan • 4 ★

All-Inclusive • Standard rm.
Sept. 3-24 • 1 wk.

\$599

+Taxes & other fees
(including service charges): \$325

Samana via Toronto

Bahia Samana Roulette • 4 ★

All-Inclusive • Run of the house
Sept 5-26 • 1 wk.

\$599

+Taxes & other fees
(including service charges): \$325

CUBA

Santa Clara via Calgary

Meliá Las Dunas • 4 ★

All-Inclusive • Standard rm.
Aug. 14 & 21 • 1 wk.

\$759

+Taxes & other fees
(including service charges): \$226

Varadero via Calgary

Sirenis La Salina Varadero • 4 ★

All-Inclusive • Standard rm.
Oct. 3-31 • 1 wk.

\$939

+Taxes & other fees
(including service charges): \$226

Book by Aug. 13

MEXICO

Puerto Vallarta/ Riviera Nayarit via Calgary

Meliá Puerto Vallarta • 4 ★

All-Inclusive
Deluxe garden view rm.
Sept. 4-25 • 1 wk.

\$929

+Taxes & other fees
(including service charges): \$268

Dreams Villamagna

Nuevo Vallarta • 4 1/2 ★

Unlimited - Luxury®
Junior suite tropical view
with Jacuzzi
Sept. 4-25 • 1 wk.

\$1039

+Taxes & other fees
(including service charges): \$268

Cancun/Riviera Maya

Grand Sirenis Riviera Maya Hotel & Spa • 5 ★

All-Inclusive • Junior suite
Dec. 21 • 1 wk.

\$1619

+Taxes & other fees
(including service charges): \$288

Gran Bahia Principe Coba • 5 ★

All-Inclusive • Junior suite
Dec. 21 • 1 wk.

\$1669

+Taxes & other fees
(including service charges): \$288

JAMAICA via Toronto

Sunset Jamaica Grande Resort & Spa • 4 ★

All-Inclusive • Standard rm.
Sept. 1-25 • 1 wk.

\$989

+Taxes & other fees
(including service charges): \$300
Please add \$50 for Sat. & Sun. departures

Gran Bahia Principe Jamaica • 4 1/2 ★

All-Inclusive
Junior suite
Sept. 1-25 • 1 wk.

\$1039

+Taxes & other fees
(including service charges): \$300
Please add \$50 for Sat. & Sun. departures

ANTIGUA via Toronto

Jolly Beach Resort & Spa • 3 1/2 ★

All-Inclusive
Standard oceanview rm.
Sept. 4, 11 & 18 • 1 wk.

\$1229

+Taxes & other fees
(including service charges): \$257

SAINT LUCIA via Toronto

Coconut Bay Beach Resort & Spa • 4 ★

All-Inclusive
Deluxe garden view rm.
Sept. 4, 11 & 18 • 1 wk.

\$1329

+Taxes & other fees
(including service charges): \$246

USA

LAS VEGAS via Vancouver

MGM Grand Hotel & Casino • 4 1/2 ★

Hotel rm. - Grand Tower
Sept. 5 • 3 nts.

\$679

+Taxes & other fees
(including service charges): \$165

CRUISE

Princess Cruise Lines¹

Caribbean Princess

Southern Caribbean Cruise
Flights to San Juan via Toronto
Interior stateroom, cat. J
Oct. 31 & Nov. 28 • 1 wk.

\$1159

+Taxes & other fees
(including service charges): \$291



FREE advance seat selection
and exclusive features



Earn up to 6,250
Aeroplan[®] Miles per member²

Find us on

facebook

twitter

Fly in style - Upgrade to Executive Class[®] service
or Comfort Plus seating on select flights

CONNECT FREE² • Calgary • Lethbridge • Nanaimo • Regina • Saskatoon



Contact your local Carlson Wagonlit Travel office today.
1-800-CARLSON www.cwtvacations.ca

All travellers, foreign and Cubans living abroad, must have a medical insurance policy when travelling to Cuba. Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash; Cuba, 25 CUC cash. Prices in this ad are in Canadian dollars and are valid for bookings made between Aug. 10 & 14, 2010, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Edmonton International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. New bookings only. Non-refundable. Limited quantity. Subject to availability at time of booking. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. ¹Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Edmonton to Saint Lucia via Toronto, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ²Princess Cruises ships' registry: Bermuda. ³Available in conjunction with flight-inclusive packages. Non-stop flights via Vancouver. Excluding USA & Europe destinations. ⁴Aeroplan is a registered trademark of Aeroplan Canada Inc. ⁵Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.